



New Impact: A Healthy Lifestyle Program

Children's Hospital of Greenville Health System (GHS) offers **New Impact, A Healthy Lifestyle Program**, for children and adolescents **up to age 21**. Our multidisciplinary weight management team empowers children to develop active, healthy lifestyles by focusing on the eating and exercise behavior of the entire family.

Through our partnerships with upstate YMCAs, Clemson University and Furman University, we are excited to offer you the following services, which are individualized for each family:

Medical

- Physician-supervised weight management
- Surgical weight-management consultation and referral available for interested adolescents

Nutrition

- Individual and/or group visits with a registered dietitian
- Monthly group cooking demonstrations at the GHS Life Center® Health & Conditioning Club

Exercise

- Personalized goals to help families achieve a more active lifestyle
- Optional two- or three-month YMCA family membership at a reduced rate; includes individual visits with a YMCA wellness coach

Emotional

- Optional visits with a licensed therapist or psychologist to address emotional aspects of weight gain

For more information, call (864) 675-3488 or visit ghschildrens.org/new-impact.



Children's Hospital
Greenville Health System

ghschildrens.org

